

February 2026

# SUMMIT HOUSE

SUMMIT HOUSE ASSISTED LIVING, 600 1<sup>st</sup>. ST. NW, Britt, Iowa, 50423



## Celebrating February

### UPCOMING EVENTS

**Plant the Seeds of Greatness Month**

**Groundhog Day**  
*February 2*

**Catholic Mass**  
*February 4 10am*

**Jeff Buege/Singer**  
*February 11 2pm*

**Valentine's Day**  
*February 14*

**Random Acts of Kindness Week**  
*February 15–21*

**Carl & Joanne Nord Singers**  
*February 23 2pm*

**Pastor John and Nancy Beenken/ Church Service**  
*February 25 3pm*

**Happy Hour**  
*February 27 3pm*

## WELCOME TO THE SUMMIT HOUSE FAMILY



**George Schmidt**



**Virginia Bode**



**Thelma and Arnie Prohaska**

Heart Health Month.

### Tips to living a healthier Life

Be active, eat healthy, quit tobacco, get sleep, manage weight, control blood pressure, cholesterol, and blood sugar.

**Move More, Sit Less:** Even short bursts of activity help, as prolonged sitting negatively impacts heart health.

**Healthy Diet Focus:** Emphasizes fruits, vegetables, whole grains, and lean proteins while limiting processed foods, sugar, and excess sodium.

**Community Awareness:** Organizations encourage community involvement, wearing red (especially for women) and learning CPR to build a “Nations of Lifesavers”.

**Regular Checkups:** Essential for monitoring blood pressure, cholesterol, and blood sugar levels.

♥**HAPPY**  
**Valentine's**  
**DAY**♥

### National Hat Day



We celebrated National hat day by letting everyone choose a hat of their choice. We had a variety of hats, and everyone stayed warm wearing them.

### Craft Corner



Thank you to our crafters for making these beautiful stars. They brighten up our lives.

## GOODBYE OLD FRIEND

On November 12, 2025, the United States (US) Mint made its final penny at the Philadelphia facility, ending more than 230 years of production. This landmark moment closed an era that began with the first cent in 1793 and continued through the Lincoln cent in use today. The decision to halt production was primarily driven by cost. By 2024, each penny cost nearly four cents to make. This resulted in substantial annual losses for the mint. The final pennies were stamped with an Omega symbol. It signifies the end of production. When first introduced the penny was about the size of a modern quarter. It could buy everyday items like a loaf of bread, while that is no longer the case. Although new pennies will no longer be made, the coin's legacy is firmly rooted in American life. Also, the end of minting does not mean the penny will disappear. With more than 300 billion still in circulation, over a thousand for every American – it will continue to be used for many years to come.

## Games



New games are always a fun activity. It keeps our brains engaged in a fun environment.

## Home Delivered Meals

Summit House, in conjunction with Hancock County Wellness Coalition, has started delivering meals to seniors in the city of Britt. The cost for the senior is \$7 per meal and are delivered Monday-Friday between 11:30 and noon. If you know of someone within city limits that could benefit from this program, please contact Terri Tweedy at (641) 843-3333 or [ttweedy@summithousebritt.com](mailto:ttweedy@summithousebritt.com). We hope to eventually grow and begin deliveries outside of Britt.



## TENANT OF THE MONTH



Jim Anderson was born on October 8, 1932, in Detroit, Michigan. His parents were Mamie and William. Jim grew up in Detroit with his six sisters and two brothers. While in high school Jim played as a running back for the football team. After graduation he went on to two years of college to become a draftsman. He then entered the military for three years and was stationed in Georgia. When he returned Jim went to work for General Motors until he retired. He married Geraldine Tobin and together they had two daughters. After Geraldine died, he then moved to Iowa to be closer to family. Jim enjoys music, crafts, coming to our parties and building things. Jim also enjoys watching football and talking with the residents. Congratulations on being Tenant of the Month!

## February Birthdays

### HAPPY BIRTHDAY

Arlene Engh 2/2  
Arnie Prohaska 2/12  
Kathy Dale 2/12  
Dee Verbrugge 2/13

## EMPLOYEE SPOTLIGHT



**Introducing Ashley Fails our Employee Spotlight of the Month. Ashley lives in Crystal Lake with her four children. In her spare time, she enjoys reading. She has worked here in the nursing department as a Residential Assistant for 5 months. Ashley enjoys helping the residents and all the friendly faces. Thank you for all you do for our residents. We appreciate you!**